

Cleo Coyle's Sweet Corn & Cheddar Spoon Bread Casserole

An Easy, Foolproof Soufflé

Text & photos (c) by Alice Alfonsi, who writes the [Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini

This foolproof, soufflé-like casserole is easy to cook yet makes an impressive, light and airy comfort food side dish for fall and winter dinners. Marc and I featured this recipe in our bestselling Coffeehouse Mystery [Dead to the Last Drop](#), which we set in our nation's capital. The book featured recipes celebrating dishes with American roots, and spoon bread is certainly one of them. Its origins can be traced back to a Native American cornmeal porridge called suppawn. English colonists added eggs and milk to enrich the dish. We took it from there, adding sweet corn and cheddar to jazz it up (an apt reference if you've read our book). This tasty recipe is perfect for a 1-1/2 quart casserole dish. You can also use an 8-inch square pan. Just be sure your container is well greased with butter or cooking spray to prevent sticking. For a larger batch, double the amount of ingredients and use a 2-1/2 quart casserole dish or a 9 x 9 x 2-inch pan. Cooking time may be a bit longer for a larger casserole, check for doneness as indicated in the recipe, and eat with plenty of joy! ~ Cleo

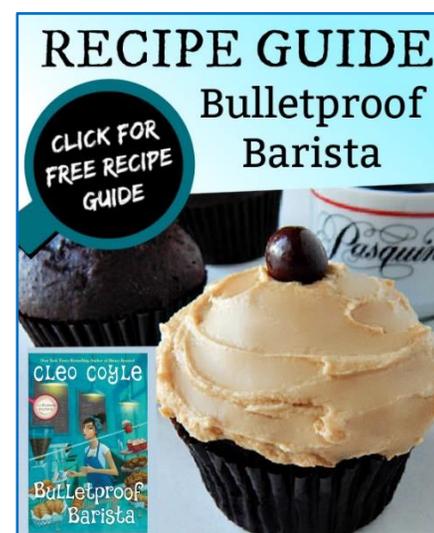
Ingredients:

2 cups sweet corn kernels (*we use frozen, no need to thaw*)
4 tablespoons melted butter
1 tablespoon white, granulated sugar
1 teaspoon regular table salt or finely ground sea salt
1/8 teaspoon ground white pepper (*white looks better, but you may sub black*)
1 pinch of cayenne pepper
1-1/2 cups milk whole or low fat (*1% or 2%, not skim*)
1/2 cup water
3/4 cup cornmeal (*yellow or white*)
2 eggs
2 cups shredded mild cheddar cheese, yellow or white (**See my end tip on reheating.*)
2 teaspoons baking powder

Optional flavor additions: 1/4 cup crumbled bacon; 1/4 cup chopped roasted red and/or green peppers; 1/4 cup finely chopped, lightly grilled sweet onions. For directions on how to add, see the **NOTE**** on the next page.



PHOTO BY CLEO COYLE



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****NOTE:** If you'd like to add more vegetable flavors, such as chopped sweet onions and/or peppers, begin by sautéing them in the pan. Use the same pan to build the recipe, and then add the corn, butter, milk, etc. Cooked and crumbled bacon can be added with the corn.

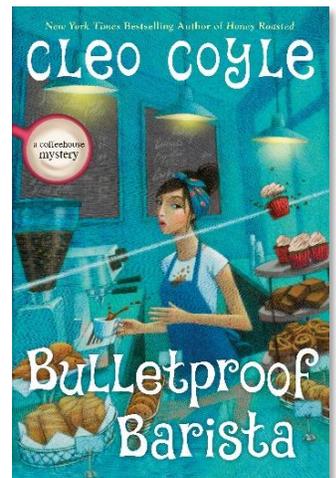
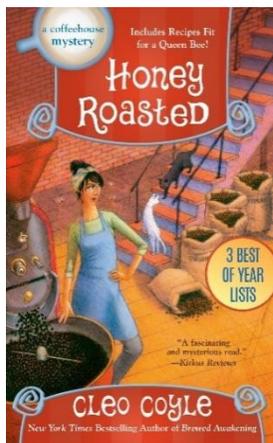
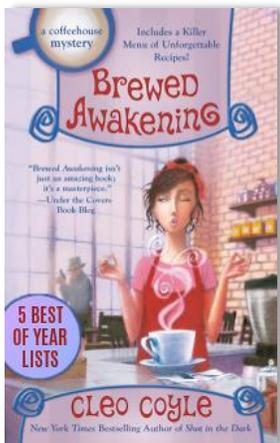
Directions for the casserole: First preheat your oven to 350° F. Into a medium size saucepan, place the corn kernels (still frozen is fine) and butter, warm over medium heat, stirring while butter melts. Add the sugar, salt, white pepper, cayenne pepper and stir to blend the flavors. Add the milk, water, and cornmeal. Cook and stir this mixture over medium heat for 2 to 3 minutes, until mixture thickens and resembles porridge.

IMPORTANT: Remove from heat and allow the mixture to cool off for at least ten minutes before whisking in the eggs, cheese, and baking powder. Transfer immediately to a well-greased 1-1/2 quart casserole dish. Bake in the preheated oven for 40 to 50 minutes (depending on oven). When spoon bread is set on top (no longer liquid and jiggling) and slightly browned, it's finished cooking. As the name implies, spoon the bread pudding onto plates right from the baking dish.

***TIP:** When I reheat this casserole, I like to sprinkle extra cheddar cheese (and sometimes crumbled bacon) on top. It's delicious...



Eat with joy! ~ Cleo



The [Coffeehouse Mysteries](http://www.CoffeehouseMystery.com) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com

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